

# Three Bean Salad

Meal Components: Vegetable - Other

Salads, Sauces, Condiments & Dressings, E-11

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned low-sodium kidney beans, chilled, drained	1 lb 2 oz	1 1/2 cups 1 Tbsp (1/4 No. 10 can)	2 lb 4 oz	3 cups 2 Tbsp (1/2 No. 10 can)	<b>1.</b> Rinse kidney beans in cold water and drain well.
Canned low-sodium wax beans, chilled, drained	15 oz	2 3/4 cups (1/4 No. 10 can)	1 lb 14 oz	1 qt 1 1/2 cups (1/2 No. 10 can)	
Canned low-sodium canned cut green beans, chilled, drained	2 lb 5 1/2 oz	1 qt 3 1/2 cups (2/3 No. 10 can)	4 lb 11 oz	1 gal (1 1/4 No. 10 cans)	<b>2.</b> Combine kidney beans, wax beans, green beans, onions, and green peppers (optional).
*Fresh white or red onions, chopped	3 oz	1/2 cup	6 oz	1 cup	
*Fresh green peppers, chilled, chipped (optional)	6 1/2 oz	1 1/4 cups	13 oz	2 1/2 cups	<b>3.</b> Combine vegetable oil, vinegar, sugar, basil, pepper, and granulated garlic. Mix until well blended.
Vegetable oil		2/3 cup		1 1/3 cups	
White vinegar		2/3 cup		1 1/3 cups	

Dried basil	1 Tbsp	2 Tbsp
Ground black or white pepper	1 tsp	2 tsp
Granulated garlic	1 tsp	2 tsp

**4.** Pour dressing over beans. Toss lightly to combine and coat evenly. Spread 5 lb 12 ½ oz (approximately 3 qt 1 cup) into each shallow pan (12" x 20" x 2 ½") to a product depth of 2" or less. For 50 servings, use 1 pan. For 100 servings, use 2 pans.

**5.** CCP: Cool to 41° F or lower within 4 hours. Refrigerate until ready to serve.

**6.** Mix lightly before serving. Portion with No. 16 scoop (¼ cup).

#### Notes

Comments:

\*See Marketing Guide.

**A new nutrient analysis will be coming.**

**Updated July 2014. Restandardization in progress.**

Marketing Guide		
Food as Purchased for	50 Servings	50 Servings
Mature onions	4 oz	8 oz
Green peppers	9 oz	1 lb 2 oz

Serving	Yield	Volume
1/4 cup (No. 16 scoop) provides 1/4 cup other vegetable.	<b>50 Servings:</b> about 5 lb 12 ½ oz  <b>100 Servings:</b> about 11 lb 9 oz	<b>50 Servings:</b> about 3 quarts 1 cup 1 pan  <b>100 Servings:</b> about 1 gallon 2 ½ quarts 2 pans

Nutrients Per Serving					
Calories	47	Saturated Fat	0.42 g	Iron	0.45 mg
Protein	0.93 g	Cholesterol		Calcium	13 mg
Carbohydrate	4.56 g	Vitamin A	92 IU	Sodium	110 mg
Total Fat	2.99 g	Vitamin C	1.6 mg	Dietary Fiber	1 g